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WITH THE NHL LOCKED OUT, METRO SPEAKS TO THOSE WHO PLAY FOR LOVE

PAGES 14-15

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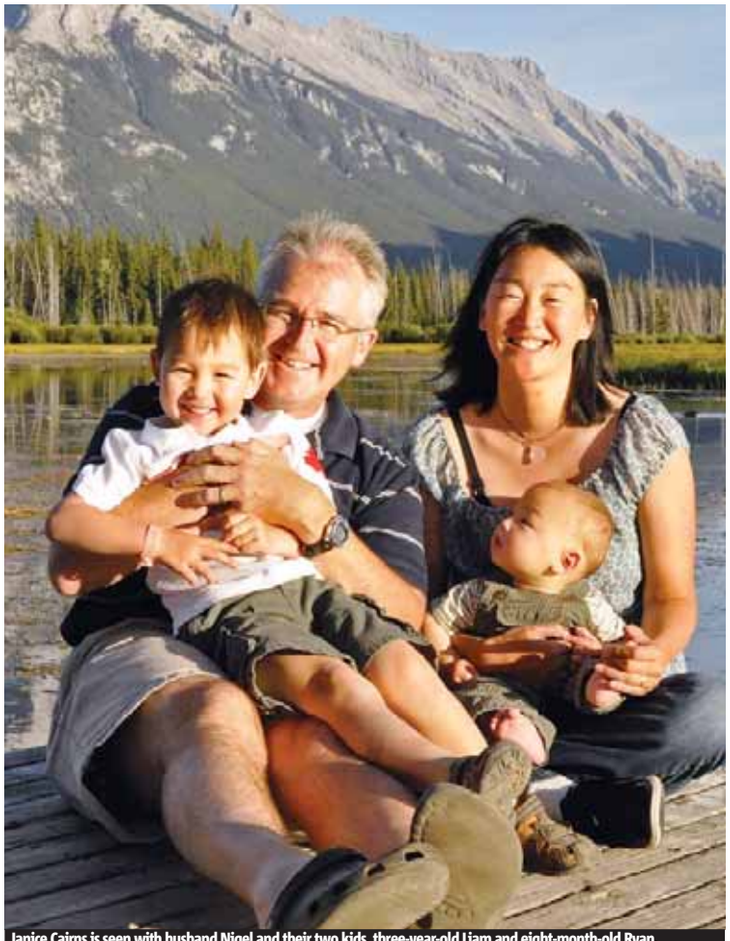

Janice Cairns is seen with husband Nigel and their two kids, three-year-old Liam and eight-month-old Ryan. The Calgary mother was killed by a rock that crashed through the windshield of her family's vehicle Friday.

COURTESY OF RICHARD LAM

Accident victim 'great friend to all'

Family first. Calgary mother had put aside career in recent years to raise young boys

JEREMY NOLAIS
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The early Thanksgiving dinner Calgarian Janice Cairns had spent Friday morning preparing for her husband and two kids was never finished.

With dinner in the oven, Janice, her husband Nigel, and children Liam and Ryan, packed into the family Subaru and headed off from Kimberley, where they were vacationing, to Radium Hot Springs for the day.

As their car crossed a bridge on Highway 93/95 over the Kootenay River, RCMP said a large rock dislodged from the dual wheels of a passing semi and flew into the passenger side of the windshield, striking Cairns in the head.

Police believe the injury caused by the rock, roughly 30 centimetres by 15 centimetres, killed the 36-year-old instantly.

Reached late Wednesday, Richard Lam, the victim's brother, described his sister as a devoted and loving mother and wife.

"She was our baby sister and she was a great friend to all," he said. "Needless to say, she gave the shirt off her back to anyone and helped anyone."

'Miracle'

"It was an absolute miracle that no one else got hurt."

Richard Lam, victim's brother

On Wednesday, the B.C. Coroners Service formally identified Cairns as the victim of what RCMP describe as a "freak accident." Members who had investigated the scene told reporters Tuesday that had the rock not struck Cairns it very well could have hit her children in the back seat.

"We very well could have had other serious injuries," said Barb McLintock with the coroners service.

Janice and Nigel had celebrated their eighth wedding anniversary last month, and the loving mother was set to turn 37 in just a few weeks.

Lam said in recent years his sister had put aside her career aspirations to focus on her kids.

"She decided to give everything up so she could raise her boys," he said. "It was an absolute miracle that no one else got hurt."

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Hockey.
Lockout just fine: Labour board

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the contract dispute between the National Hockey League and the players union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The National Hockey League Players' Association had wanted the board to rule the lockout illegal in Alberta.

Bill Daly, the NHL's deputy commissioner, said the league was pleased with the ruling.

"We are hopeful that this will enable both the league and the NHL Players' Association to focus all our efforts and energies on negotiating a new collective bargaining agreement in order to get our game and our players back on the ice," Daly said in a statement.

A statement from the NHLPA said the union was considering its options.

"The players are obviously disappointed with today's decision. Unfortunately, the Alberta Labour Relations Board decided not to exercise its discretion to determine whether the owners' lockout violates Alberta law."

The union had argued that the Oilers and Flames are Alberta businesses and as such must abide by provincial labour rules. Those rules say a mediator must have 14 days to work with both sides in a contract dispute before a lockout vote can be held.

THE CANADIAN PRESS

Calgary cops to test body cams

JEREMY NOLAIS
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Smile the next time you see a Calgary police officer. After all, you might be on camera.

Similar to a program rolled out by Edmonton police Tuesday, Calgary's service is also examining strapping small cameras to the uniforms of a select number of officers, said Supt. Katie McLellan.

She said, optimistically, a pilot project could get underway by November's end, adding the small devices do wonders for providing hard evidence at a crime scene and improving officer safety.

"Anything that helps our officers with respect to those two pieces are obviously very well supported," McLellan said Wednesday. "We're all over it ... it's like a roaming eye."

Unlike Edmonton, however, which chose to equip roughly 20 downtown beat officers with cameras about the size of an iPhone, McLellan said Calgary police are looking at branching the project out to include members with the gang suppression and K-9 teams.

The local service is still deliberating over what model of camera to use and McLellan said a final cost for the project has yet to be determined.

The devices also gained support of interim Calgary Police Association head Les Kaminski Wednesday; however, an Alberta civil rights advocate expressed worries that officers will only leave the devices running when it's advantageous to them.

"What's to prevent a police officer from flipping it off and decides to boot a guy in the face?" said Brian Seaman, a research associate with the Alberta Civil Liberties Research Centre.

"We have had lots of examples where citizens have caught police using excessive force on camera."

Beef moves too fast at meat plant: Union

Temporary staff.
Union boss says the plant's increasing reliance on foreign workers is also a problem

The union for workers at an Alberta beef packer shut down over E. coli concerns says better training and work conditions are required to ensure meat is safe.

Doug O'Halloran, president of the United Food and Commercial Workers Local 401, says the speed of the processing line at the XL Foods plant in Brooks is too fast.

O'Halloran told a news conference Wednesday that between 300 and 320 carcasses go by workers on the line every hour. That leaves only two to three seconds to slice the meat and has resulted in less time in which to make sure equipment and meat is clean.

"It's just not enough time," O'Halloran said.

Also on Wednesday food safety officials were reviewing a report on a pre-inspection of the XL plant.

Canadian Food Inspection Agency staff went through the facility on Tuesday to see if the company has fixed problems that led to a massive international recall of beef products.

Agency spokeswoman Lisa Gauthier said the pre-inspection is just one step in a multi-step process of determining if the plant is safe to resume operating.

THE CANADIAN PRESS

Response

A spokeswoman said the CFIA didn't receive the report until late Tuesday night, and the agency will carefully review it before commenting. She said that probably would be later this week.

Doug O'Halloran, leader of the union representing workers at the XL Foods plant, speaks to the media about food safety at the plant in Brooks, Alta., Wednesday. JEFF MCINTOSH/THE CANADIAN PRESS

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For 15 years running the adults-only festival's Grand Tasting Hall will feature more than 200 exhibitor booths overflowing with the latest alcoholic beverages and scrumptious treats from local eateries.

Tickets are $24 for early birds and $32 at the door. For more, visit rockymountainwine.com/calgary.

CELESTE DE MUELENAERE/METRO

Attempted abduction

Girl escapes man in pickup truck

The Calgary Police Service is reminding parents to talk to their children about strangers following a suspicious incident in southwest Calgary on Tuesday.

According to the CPS, a teenage girl was walking her dog near Woodfield Road and Woodpark Boulevard S.W. when she was approached by a truck. The driver pulled up beside her and demanded she get inside. She ran away and told her family immediately what had happened and they called police.

Police describe the man as 45 to 55 years old, with brown hair. The pickup truck is described as dark-coloured with a black toolbox in the back. METRO

CBE opening doors to corporate sponsors

Amended regulations. Education advocates worry board is headed down slippery slope

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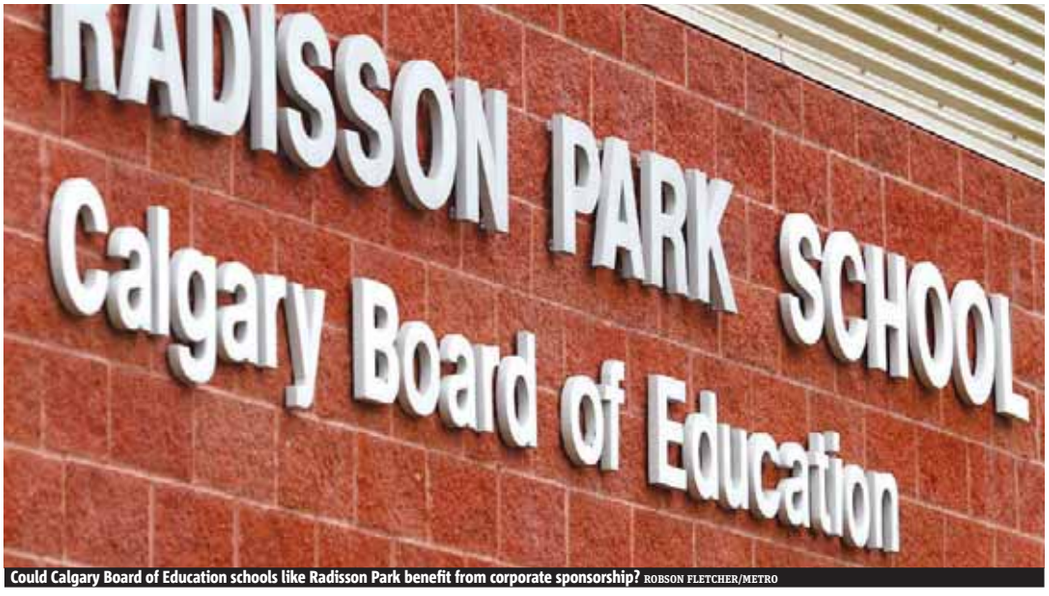

Could Calgary Board of Education schools like Radisson Park benefit from corporate sponsorship? ROBSON FLETCHER/METRO

For the first time, Calgary's public school board is planning to court corporate sponsors in an attempt to further enhance student learning.

Amendments to administrative regulations have "created a path" to begin looking outside of provincial dollars and local fundraising to fund interior school developments and renovations, said the board's superintendent of learning innovation Cathy Faber.

"Part of our challenge is to meet industry standards, and to address some of the extraordinary requirements that the program of studies provides we need to work more significantly in partnership with organizations outside of the CBE," she said.

Front and centre in that funding conundrum would be the program at Calgary's Lord Shaughnessy high school, which specializes in numerous career and technology fields but requires expensive facilities — mechanic bays, science labs — to provide students with hands-on experience.

To date, the CBE has spent more than $9 million on the Shaughnessy program and board officials have expressed hope about launching similar offerings in other quadrants of the city.

But the head of the Alberta Teachers Association has concerns that corporate sponsorship could create further disparity among Calgary schools.

"Our firm belief is public education, emphasizing public," Frank Bruseker said. "I have taught in all four quadrants around the city — there's different socio-economic backgrounds. (If) Coca-Cola says we're going to sponsor the gymnasium, they are going to want to have a successful school, as opposed to, perhaps, a less successful school."

Quoted

"What the corporate community has said to us is 'We'd like to help, we'd like to participate, following the Alberta program of study, but we'd also like some recognition.' "

Cathy Faber, Calgary Board of Education superintendent of learning innovation

Faber said final decisions on corporate investment will be left in the hands of elected trustees.

Larry Leach with the Association for Responsive Trustee-ship in Calgary Schools believes the matter could prove divisive among local parents.

"This is where the slippery slope starts ... there's a good debate to be had in public here," said Leach, who works as a community newsletter advertising consultant.

"Trust me, marketers will be lined up ... any opportunity to put your name in front of children to have your brand awareness (established) perhaps lifelong is a great draw for a marketer."

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Taxi brokers report little impact from DUI law

Despite the tougher impaired law, cab companies say they aren't seeing an upswing in business, as was speculated. ROBSON FLETCHER/METRO

Rides home. Concerns about service levels remain during bar-closing hours

JEREMY NOLAIS
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The fear that Alberta's strict new impaired-driving law would lead to taxi turmoil in Calgary streets has proved overblown — so far.

Ridership numbers are in for September, the first month that police exercised new powers to suspend a driver's licence for three days if caught with a blood-alcohol level over .05.

At Mayfair Taxi, owner Len Bellingham said his drivers, operating 81 cars, did more than 40,100 fares in September, right on par with typical numbers for that time of year.

"We haven't really been any busier," he said.

Roger Richard, who owns the much larger Associated Cab organization, didn't go into specifics on his ridership numbers, but said the change in demand has been negligible.

"Most of the people saying that (increased demand) was going to happen didn't really know what they were talking about," he said.

But Rajiv Kapil of the Calgary Cab Drivers Association says the drivers he's spoken with have noticed an upswing in weekend-shift profits, which he attributes directly to the new legislation and more people's reluctance to drive themselves home.

Kapil has long expressed concerns that the new regulations would stretch a taxi system already overwhelmed during peak bar-closing hours.

His feelings were shared by some members of Calgary city council, which voted this year to license 55 new wheelchair-accessible cabs on the condition they operate late-night on Fridays and Saturdays. Bellingham, who also heads the Calgary Livery Association, said he expects some of the newly licensed vehicles to start rolling soon.

Asked about the steady ridership numbers reported by brokers, Kapil said there are simply no more vehicles to serve rising demand, reiterating a long-held belief of his that 300 additional cab licences would be ideal.

"We are coming up to the winter, Christmas. That's when we'll see the need," Kapil added. "It's coming, and it could be very bad."

No-trip rates up

- Len Bellingham of Mayfair Taxi said one area where he saw a noticeable increase in September was no-trip rates — when a call comes in for a ride but when a cab arrives, there's no customer to be found. Bellingham said his increase in no-trips was about 20 per cent in September and could mean more cab customers are "hedging their bets" by calling a number of companies because they know waits could be long during peak-service hours.

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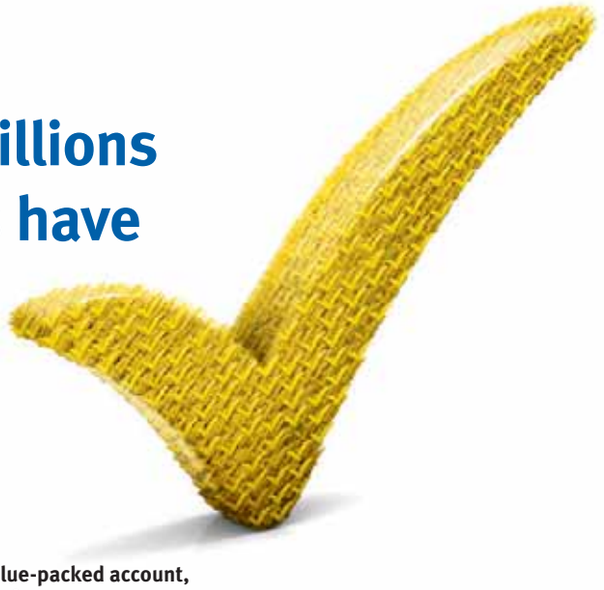

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Holdup. Man sought after convenience store robbed and employee beaten

Investigators have released a video after a violent robbery at a northeast convenience store early on Wednesday.

Police say a man entered a store at about 2:40 a.m. in the 6000 block of Memorial Drive N.E. and confronted the lone employee behind the counter. The man pulled a gun and pointed it at the employee, demanding cash from the register.

When the employee refused, police say the suspect walked around the counter and began hitting the victim in the head with the handgun.

The suspect is described as 30 to 35 years old, five-foot-nine, with a medium build and a goatee. METRO

Accident

Man struck at crosswalk placed in coma

A pedestrian who was hit by a car on Tuesday has been placed in a medically induced coma, police say.

The 66-year-old man was walking across Elbow Drive in a marked pedestrian crossing and was struck by a 2011 Nissan Versa turning south onto Elbow Drive. Officers say the 33-year-old driver failed to see the man because of the low sun shining in her eyes.

The man was taken to the Foothills Hospital, but his condition deteriorated. He was placed in a coma, and is in critical condition. METRO

Southeast fire

Resident and puppies escape blaze

One person escaped and fire officials confirmed a dog and litter of pups were saved from a burning home in southeast Calgary on Wednesday.

Officials say the two-storey home was reported on fire at about noon in the 100 block of New Brighton Glen S.E. Crews arrived and a second alarm was called in to assist. Firefighters got the fire under control and remained on scene for much of the day controlling hot spots.

No injuries were reported, and the cause of the fire is being investigated. METRO

A cyclist rides in traffic at the intersection of Macleod Trail and 9th Avenue S.E. on Wednesday. The city plans to build downtown bike lanes physically separated from motor-vehicle traffic next spring. ROBSON FLETCHER/METRO

Despite parking concerns, downtown 'cycle tracks' get OK

First step. Once a 'Centre City Cycle Track Network' is in place, Calgary will look to establish a bike-share program downtown

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary is pressing ahead with plans for physically separated bike lanes downtown, but concerns remain over the resulting loss of parking spaces.

The city's transportation committee approved a plan on Wednesday to build "cycle tracks" along 6th and 7th Streets S.W. in the spring, which would be two metres wide with a one-metre median separating them from motor vehicles.

That compares to the 1.5-metre width of existing bike lanes, marked only by paint on the road.

Tom Thivener, Calgary's new cycling co-ordinator, couldn't give aldermen a precise estimate on Wednesday of how many parking spaces would be lost in order to make room for the cycle tracks.

"We're definitely going to lose some," he said. "It's definitely more than bike lanes, because bike lanes are a lot narrower."

Maggie Schofield, executive director of the Calgary Downtown Association, said 170 spaces could be lost. She said she hoped council's final decision would have "minimal impact" on parking.

Bike Calgary president Brent Clark said separated bike lanes would encourage more casual cyclists to ride downtown.

Cycling innovations around the world

Your toddler just put salami in the blu-ray player.

Nice pairing with the crackers he put in there last week.

GetaPlayroom.ca

Education

The world is changing for girls

More girls are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan.

JESSICA SMITH/METRO IN TORONTO

Violence mars first Day of the Girl Child

'Collective sense of horror.' 14-year-old advocate of girls' right to education shot

JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV/AIDS and chance of death during childbirth.

Women hold banners during a protest condemning neck of the 14-year-old girl who was shot by the Taliban is afraid of an unarmed girl."

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the attack on schoolgirl Malala Yousufzai in Islamabad on Wednesday. Pakistani doctors successfully removed a bullet Wednesday from the Taliban for speaking out in support of education for women, a government minister said. The banner on the bottom right reads, "The

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Malala Yousufzai was shot on Wednesday during the first-ever International Day of the Girl Child. The Taliban took credit for the attack. TORSTAR NEWS SERVICE

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instills respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO IN TORONTO

Youth can help

Different cultures, same issues

When Nicole Toole went to Kenya, she learned that the girls care about the same issues she does.

"Over there, when I was sitting down talking to the girls the same age as me, they were having the same issues I have, even though we're on two different sides of the world and two different cultures," said Toole, 17, a Plan Canada youth ambassador from Toronto.

She found they had concerns in common about body image and equal pay for men and women.

"Really, when you break it down, what girls wish for the future is the same as in Canada," she said.

Learning about girls not being able to go to school because of their gender has made her want to continue to help girls around the world. METRO

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Surprise plea. Navy officer admits guilt in East Coast spy case

A navy intelligence officer rose before a judge in a Halifax court Wednesday to plead guilty to espionage.

His plea will make him the first person in Canada to be convicted under the Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle, 41, showed no emotion as he acknowledged he understood the consequences of entering a guilty plea.

Defence lawyer Mike Taylor said Delisle decided to end the matter that raised uneasy questions about Canada's relations with its closest allies.

"He just wants to move forward, he wants to get it done, put it behind him," Taylor said outside court.

The sentencing hearing is set for Jan. 10.

THE CANADIAN PRESS

The man

Sub-Lt. Jeffrey Paul Delisle gained officer status in 2008.

- **Listening post.** He worked at Trinity, a military intelligence centre on the East Coast. Experts say it provides tactical assessments for Canadian warships and aircraft.

Probation problem?

Anti-Muslim-film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank fraud conviction.

A judge in Los Angeles scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker

She's free, her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious,'' Samutsevich added.

She was freed on a technicality:

The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel,
executive director,
Amnesty International USA.

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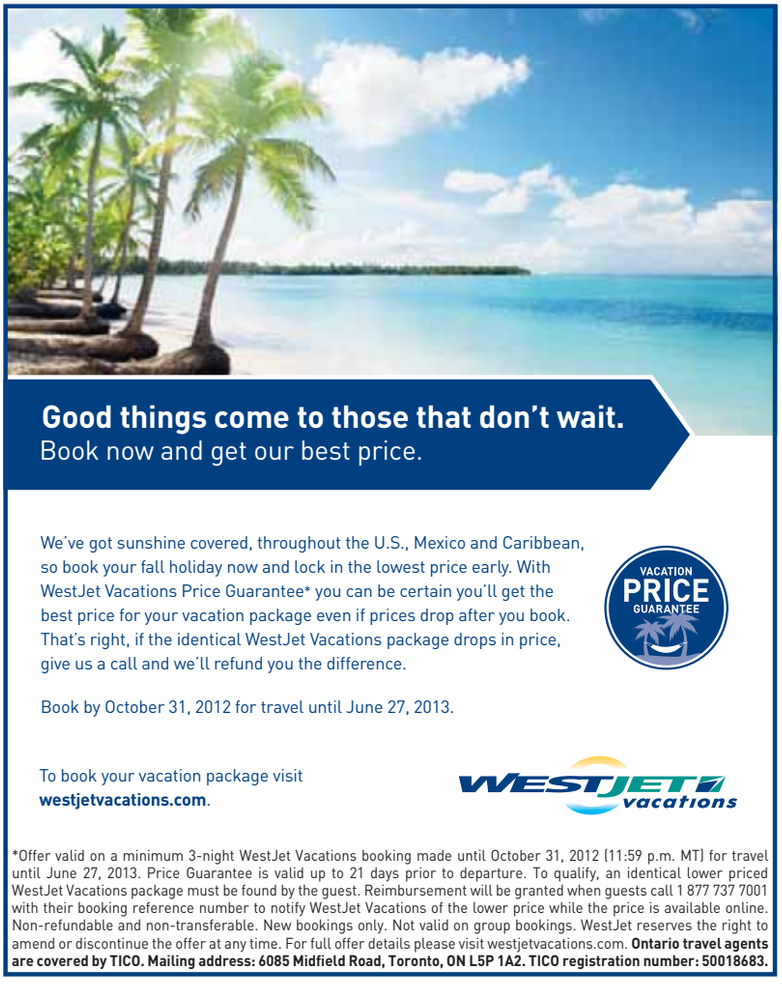
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Soprano to hit high notes in space mission

A Starship Trooper. British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit in 1978 with I Lost My Heart to a Starship Trooper, will become the first recording artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, Dreamchaser, she will spend six months in Russia's Star City cosmonaut training centre.

Brightman, a UNESCO ambassador, said the trip would also serve as a way to promote the UN agency's message, in particular by encouraging women's education in the sciences and environmental awareness.

She hinted at the possibility of doing a promotional "space concert."

Brightman teamed up Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman says there's a reason for that.

She told The Canadian Press it was one of the first countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers," she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS

Expensive flight

"Part of the cost will be coming from myself."

Singer Sarah Brightman talks about the cost of her flight to the international space station, which some sources say will cost her $51 million

British singer Sarah Brightman

MIKHAIL METZEL/THE ASSOCIATED PRESS

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Austerity measures.

Kenya president vetoes bonuses for parliament

Kenya's president vetoed a move by the country's parliament to award legislators bonuses of up to $110,000 at the end of their term next year.

The move is unconstitutional and untenable in the country's prevailing economic circumstances, President Mwai Kibaki said late Tuesday.

Kibaki noted recent increases of salaries for teachers and doctors, and said Kenya requires massive resources to implement a new constitution and meet other competing demands in the economy.

The legislators last week quietly awarded themselves the bonuses, sparking public outrage.

On Tuesday, at least 100 people, including a popular Kenyan musician, protested outside parliament shouting "thieves" and urging the president not to approve the pay bill.

Kenya's 222 legislators currently make about $120,000 a year each.

The minimum wage in Nairobi, the capital, is about $1,500 a year.

Kenyan parliamentarians are fast earning a reputation for trying to give themselves expensive perks. Last year parliament attempted to raise their annual pay to $175,000 but the idea was met with such fierce public resistance that they shelved the plan.

THE ASSOCIATED PRESS

Hotel murder

Charges upheld in deadly-buttocks-enlargement case

A Philadelphia woman known as "the Black Madam" performed deadly cosmetic surgery on a London dancer in an airport hotel room, then used Krazy Glue to close the wounds and fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Delaware County Medical Examiner Frederic Hellsaid told the court 20-year-old Claudia Aderotimi died of a pulmonary embolism.

Police believe Gordon has performed at least 14 cosmetic surgeries, moving locations and using different names to avoid detection.

THE ASSOCIATED PRESS

Primate castaway

Traps set after wayward monkey bites woman

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back.

The Tampa Bay Times reports wildlife officials sent a trapper to the area.

The wild rhesus macaque has become famous in the Tampa Bay area. It has a Facebook page and has been featured on Comedy Central's Colbert Report. The elusive monkey has been spotted numerous times in the Tampa Bay area in recent years.

Officials have warned the public against feeding the monkey. Officials believe the monkey was cast out of a colony in Silver Springs near Ocala.

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She's got the look

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.
JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice time? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes – ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhh!
METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks. As for black eyes and broken teeth? Even actor Gerry Dee, whose looks are his livelihood, isn't afraid to drop the gloves in the heat of beer-league battle

PHOEBE HO
calgary@metronews.ca

Online
For more, visit metronews.ca

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on-camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face really, my face and my voice," says Dee, while recalling some of the hockey-induced bumps and bruises he's racked up over the last decade.

It's bound to happen. When the adrenaline's pumping at a rink chock full of intense players, injuries and minor scuffles tend to occur. Dee says one of the incidents he recalls most was a scrap a few years ago with Metro's photo editor Dave Starrett.

Tempers flared, and a fight — or altercation, as Starrett calls it — ensued.

"I remember being able to pull his helmet around his face and it was funny, he was screaming, 'Not my face, not my face,' and I remember that more than anything else in this whole event," says Starrett.

Dee ended up rushing to an emergency dentist to save a loose tooth that was "hanging by a thread," then going home with a swollen lip and plenty of less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

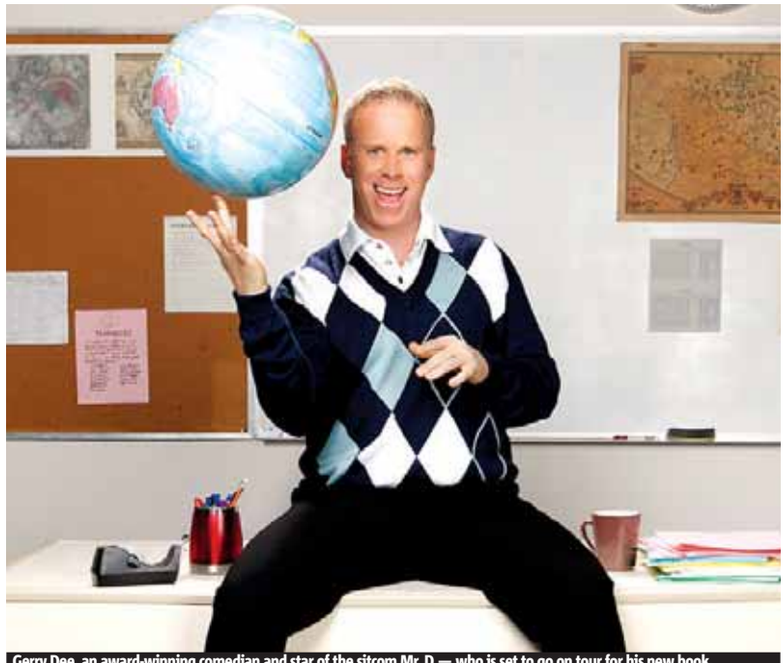
But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation I guess. Now I got a TV show, I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face, it doesn't always mean it's a fight, it could be from a stick or puck," he says.

"It's not the end of the world, it's Canada, we're used to it ... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards as I've had happen."



Gerry Dee, an award-winning comedian and star of the sitcom Mr. D — who is set to go on tour for his new book, Teaching: It's Harder Than It Looks — says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

Quoted

"I had wires across my teeth, my lips were black and blue. It was the night before my wife and I were taking my daughter to Disney World."

Actor Gerry Dee, reminiscing about the damage he sustained in a beer-league hockey brawl

Anyone can play: How a Chinese immigrant fell in love with hockey

DARRIN BAUMING
winnipeg@metronews.ca

When Xin Wang moved to Manitoba from China in 1998 to finish her university education, she hadn't heard of the game of hockey. She had never even laced up a pair of skates.

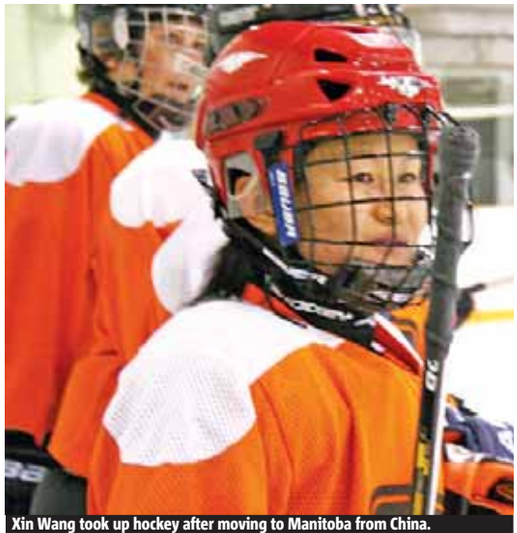
But soon after graduating, she started learning to skate — and to play the game that is synonymous with being Canadian.

"I love it," said the 37-year-old chartered accountant, now in her third season. "It was completely because of people at work. There were two girls playing in the Great West Life Women's Hockey League that were bugging me for a couple years. Finally I said 'I'll try it.'"

"When I just started I really didn't know how to skate even. But the people were so nice, they taught me how to skate, gave me advice. Everybody was so patient with me. Nobody laughing at me. 'Xin, do this. Xin, do that. I'll show you how to shoot the puck. I'll show you how to turn,'" she added.

That camaraderie and encouragement from her teammates has turned what was once just her new Canadian winter pastime into a long-term pursuit.

"I think I'll definitely play this game for the rest of my life," she said. "It's all because of the wonderful people I play with."



Xin Wang took up hockey after moving to Manitoba from China.
DARRIN BAUMING/FOR METRO

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Calgary Flames' Jarome Iginla
THE ASSOCIATED PRESS FILE

Psyched to win

Packing right part of superstitious ritual

Robert Disher is one of the True North Hockey League's longtime athletes. He has been playing for the Toronto league since 1993 — three years after Steve Edgar co-founded it.

He is one of the rare few players who does not stick to many superstitions, he said — except for one.

"I always, always — ever since I was a little kid — pack my bag the same way," said Disher. First are his shoulder pads inside his hockey pants, then elbow pads inside his shoulder pads, next are his gloves inside his helmet, and then his shin pads, he said. The list goes on, until he places his towel and toiletries into a side pocket of his hockey bag.

In his 19 years playing with the TNH league, Disher said he has seen a lot of superstitious behaviour among his teammates.

"I see other guys, they do all their stretching in the dressing room beforehand.... Some guys put on their equipment in a certain way," he said. "Some guys, they come out on the ice and they do a weird skating routine to warm-up."

ALEKSANDRA SAGAN/FOR METRO

Go big and go home

Up the ante with a kick-ass backyard rink

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven's Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted bluelines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model.

Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.

SEAN MCKIBBON/METRO IN OTTAWA

Chris Foss' sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink. CHRIS FOSS/CONTRIBUTED

Ice time for all

$8.7M

Sidney Crosby's 2012-13 NHL salary: $8.7 million.
Hockey Nova Scotia registration for minor hockey: $600 a year (estimate).
Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

Net worth. Goalie makes the grade

Trevor Lamoureux said he became a goalie after inheriting the equipment.
DARRIN BAUMING/FOR METRO IN WINNIPEG

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net."

DARRIN BAUMING/FOR METRO IN

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor-hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term-nap territory.

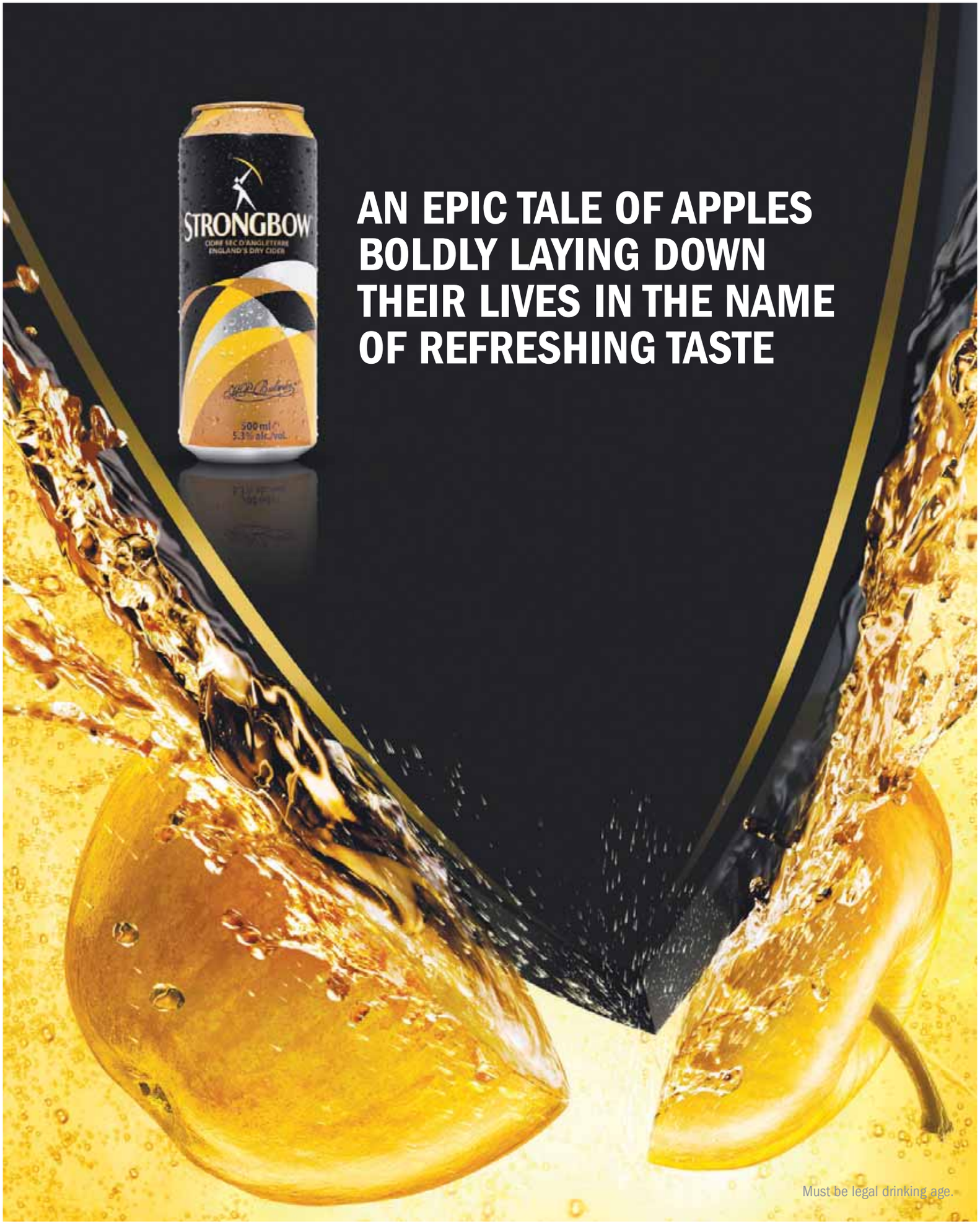
"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

Brock Jensen used to suit up for a Jr. B team in Brantford after years of playing AAA minor hockey. He recalls the feeling of waking up for school hours after a late-night practice.

"You're talking to your mom, and you're like 'Ah, I'm so tired. Can I sleep in a bit? I'll go to my late classes,'" Jensen, an 18-year-old Fanshawe College student, said.

JOHN MATISZ/METRO IN LONDON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Skydiver sets new date with destiny

Sunday or Monday. But will Mother Nature allow intrepid Felix Baumgartner to make a 37-kilometre supersonic free fall?

Felix Baumgartner was all suited up before his mission was postponed on Tuesday. THE ASSOCIATED PRESS

He's ready for a supersonic free fall. But will Mother Nature let him?

Extreme athlete Felix Baumgartner hopes to make a second attempt to achieve a 37-kilometre skydive over New Mexico on Sunday or Monday.

Baumgartner aborted his mission Tuesday due to high winds. His team had hoped the weather would allow him another try Thursday.

But now they're looking at the next window being Sunday or Monday.

Baumgartner is hoping to become the first skydiver to break the sound barrier by jumping from a capsule floated into the stratosphere by an ultra-thin, 55-storey helium balloon.

The balloon is so delicate it can take off only if winds on the ground are 2 m.p.h. or less. Baumgartner is disappointed "like the rest of us" but is taking a couple of days of critical downtime, his high-performance athletic trainer, Andy Walshe, said Wednesday.

Team meteorologist Don Day noted during a media briefing at the Roswell launch site that weather delays are common in stratospheric ballooning.

"It takes a lot of patience," said Joe Kittinger, a former Air Force captain whose free-fall record Baumgartner is trying to break.

In his 1960 jump, Kittinger reached 614 m.p.h., or Mach 0.9.

Baumgartner, a former military parachutist from Austria, hopes to reach 690 m.p.h., or Mach 1. THE ASSOCIATED PRESS

Two killed in deadly cascade of concrete

"It fell to the ground like a house of cards." That's how eyewitness Victoria Buczynski described the collapse of a parking garage under construction at a community college in Miami on Wednesday. Two people were killed and two others were trapped in the rubble — here, being surveyed by a rescue worker. One person was pulled from the debris, but there was too much concrete around to immediately rescue the other one, who was being treated by a doctor and a paramedic. At least 10 other workers were injured. LYNNE SLADKY/THE ASSOCIATED PRESS

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Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- **Buying both.** Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big box stores and grocery stores.

"The other big surprise (in the research) was just how much book buying was done as if it were another consumer good," Genner said. "We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines." THE CANADIAN PRESS

Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. Netflixed: The Epic Battle for America's Eyeballs, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. THE ASSOCIATED PRESS FILE

Coffee

Starbucks, indie Rodarte find common ground

Starbucks Corp. tapped sisters Laura and Kate Mulleavy — the indie fashion darlings of Rodarte — as its next design partners for a series of limited-edition products for the holiday season. There will be Rodarte-designed gift cards, tote bags, cup sleeves and mugs. The signature pattern features a pixelated checkerboard of grey, white and silver set against different shades of green. THE ASSOCIATED PRESS

Online shopping

EBay unveils redesign

EBay has redesigned its website to encourage visitors to browse and collect items they might want to buy later with something it calls the "feed." The feature, reminiscent of popular sites like Pinterest, shows users items based on things they purchased in the past or items they've clicked on the site. THE ASSOCIATED PRESS

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Market Minute

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Natural gas: $3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

New poll. Canadians carrying less debt now than in 2011: RBC Report

A new poll suggests more Canadians are living debt-free this year compared to 2011.

The annual RBC survey found that 26 per cent of respondents had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year.

However, the poll found that on average Canadians are carrying $13,141 in non-mortgage debt, up $84 from last year.

Some 40 per cent of those polled said they were comfortable with their current debt level, down from 45 per cent last year.

And one-in-three respondents said their debt levels are a source of anxiety — up slightly from 2011.

The poll also found a majority of respondents — 51 per cent — said it's more important right now to pay down debt rather than save and invest for the future.

And 76 per cent said they're in better financial shape than their neighbours.

Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011. THE CANADIAN PRESS

Heaviest debt load

$15,361

Ontario residents were carrying the heaviest load at $15,361 while Quebecers had the least at $10,171.

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(In my desperation I prayed, and the Lord listened; He saved me from all my troubles. Psalm 34:6)
GOODNEWSTODAY.CA

Toyota Motor Corp. is recalling 7.43 million vehicles in Canada, the U.S., Japan, Europe and around the world for a faulty power-window switch — the latest, massive quality woes for Japan's top automaker. THE ASSOCIATED PRESS FILE

Huge Toyota recall hampers comeback

Safety. Carmaker forced to recall millions of cars, SUVs worldwide — including 240,000 in Canada

The largest recall in Toyota's 75-year history is threatening to undermine the carmaker's comeback from natural disasters and embarrassing safety problems.

The company on Wednesday recalled 7.43 million cars, trucks and SUVs worldwide — including some 240,000 in Canada — to fix faulty power window switches that could cause fires.

The recall affects more than a dozen models produced from 2005 through 2010 around the world. THE ASSOCIATED PRESS

Recalled models

Recalled U.S. models: 2007 to 2009 Camry, Tundra pickup and RAV4 small SUV; the 2007 and 2008 Yaris subcompact; the 2008 and 2009 Sequoia large SUV and Scion xD and xA small cars; the 2008 Highlander SUV; and the 2009 Corolla and Matrix compacts.

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TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got *Mac*-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. THE ASSOCIATED PRESS

Metropolitan Panel

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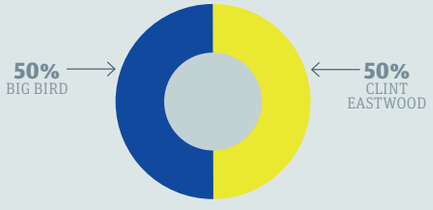
Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@PrairieProblems: My Calgary Stampeders were the only prairie team to lose over the weekend. Even the Bombers won. #yyc #cfl #prairieproblems

@Jennthefeminist: Leaves haven't changed in my backyard. That means winter is still far far away, right? RIGHT?!?! #yyc

@JDfromCJAY: Who knew that when we played "Red Light, Green Light" in elementary school, they were actually just prepping us for Calgary traffic? #yyc

@_PrincessEliza: Parking lot on Deerfoot #DriveY-YC what's #yyc gunna do when it actually snows tonight!!

@Sukhveer_Grewal: #yyctransit needs to get their s--t together, it's effing cold brah !!! Enough with the out of service trains! #MADHATE

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Tats: From sailors and convicts to the mainstream

Alberta Bound Tattoo & Arts Festival. With a good ink job starting at $150 an hour, it's wise to know what you really want

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Tattoos have become about as accepted as hockey in Calgary. LISA WILTON/FOR METRO

There was a time when an arm covered in tattoos meant you were either a weirdo or a criminal — at least in the eyes of the more conservative members of the populace.

But with the annual Alberta Bound Tattoo & Arts Festival attracting thousands of people each year, tattoo culture has become just about as mainstream as hockey.

"I think Calgary has definitely matured a lot, especially during the past five years," says Nick Luit, a tattoo artist with Bushido Tattoos on 2 Street and 17th Avenue South East.

"Because I tattoo for a living, I have the liberty of having tattoos on my hands and neck or whatever. I've never been embarrassed by them, but I definitely notice a difference between wearing these tattoos now as opposed to five years ago. I'm not questioned or stared at as much. Five years ago, there were definitely more heads turning."

Business is brisk for the city's better-known tattoo parlours compared to shops in other Canadians centres such as Vancouver and Toronto.

Luit, who's travelled across the country showcasing his work, says Calgary's strong economy has a lot to do with it. "People have more money to spend," he says. "Because obviously tattoos aren't a necessity. They're a luxury."

High-quality tattoos usually start from $150 per hour to upwards of $200, so the decision to get a tattoo is not one that should made lightly. However, people don't always put as much thought into getting inked as they probably should.

"A big part of this industry is redoing bad tattoos," says Luit, who has been tattooing for six years and concentrates primarily on the American traditional style (swallows, eagles, nautical designs and classic pin-up girls, for example.)

"I would go as far to say that 25 per cent of my clientele is fixing up other work. People make impulse decisions."

If you're looking to get a tattoo, Luit suggests doing your research first.

That means knowing exactly what artwork or style you want and finding out about tattoo shops.

"Look at their portfolios, read Google reviews, visit the shop and talk to the artists," he says.

Details

- The Alberta Bound Tattoo & Arts Festival takes place Oct. 12 – 14 at the BMO Centre, Hall A.
- Guests include Megan Massacre of NY Ink, Dan Smith of L.A. Ink and traditional Polynesian Tatau master, Tautu.
- Polaris Music Prize-winning Toronto hardcore band, F—ed Up play the Alberta Bound after party Friday and Saturday nights at the Palomino. Tickets at Sloth Records.

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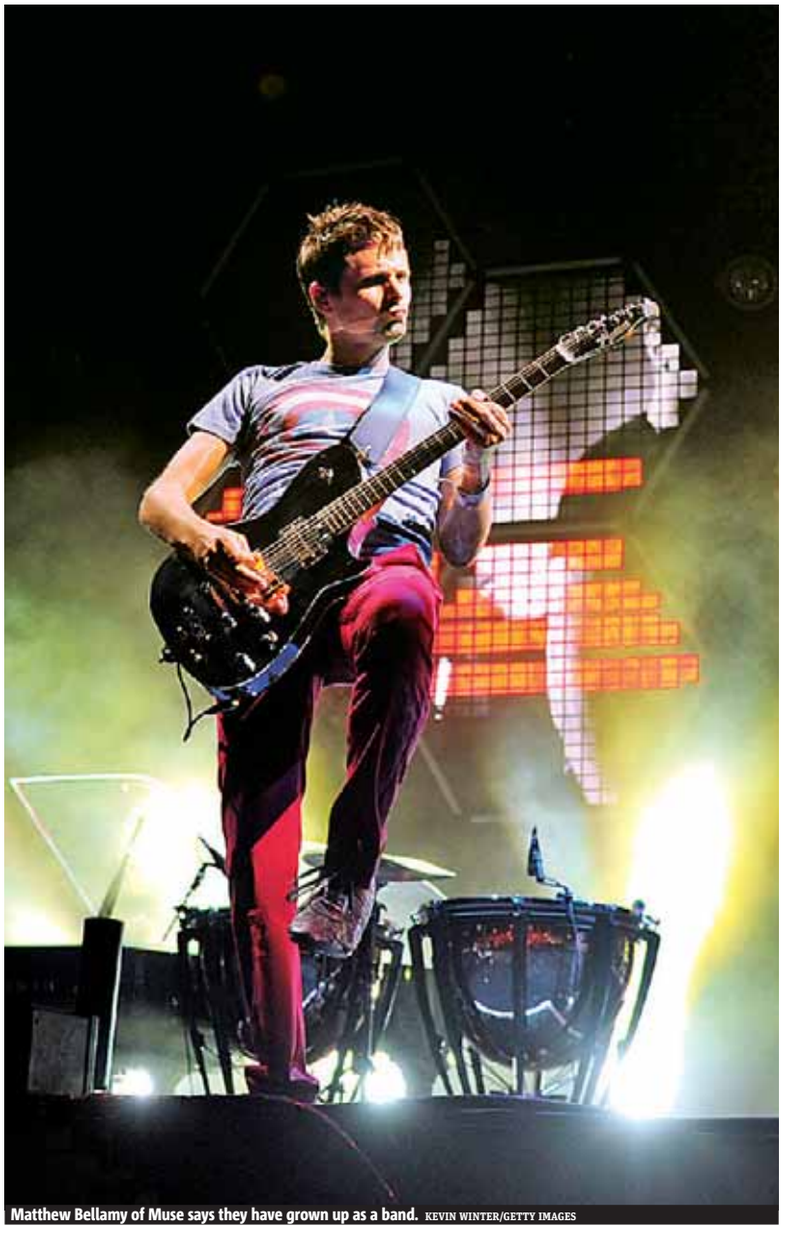

Matthew Bellamy of Muse says they have grown up as a band. KEVIN WINTER/GETTY IMAGES

Muse-ing on nature of life and parenthood

Interview. Muse's Matt Bellamy sits down with Metro to talk about their new album, what it means and its influences

NINA ETTRUP
Metro World News

Known for their epic sound — and selling 15 million albums worldwide — Muse returns with The 2nd Law. Metro talked with front man Matt Bellamy.

How would you describe The 2nd Law?
It's a feeling of struggle throughout the album, I think. The 2nd Law is actually a rule, a law, a principle that says that everything in the world is cooling down, everything is dying. Life is interesting because it's directly against that. Life is a strange thing because it's going against what's inevitable. The album is all little struggles, whether it's relationships or the economic struggle. Struggle is what sums up the feeling of the album.

Muse has been together as a band for 18 years. Are you all grown up as a band?
We've just about gotten through the moody teenage years, I think (laughs). Now we're coming into maturity, hopefully. It's a good feeling. I like that all of us are very open. Rock bands can be … they like to set rules for themselves — 'we can't do pop' or 'we can't do dance' — and we've broken a lot of those rules. I find it very enjoyable to be making music now that 15 years ago I would have said 'no' and 'never!' to.

You've got such huge fan base and always get good reviews. Why change what works?
Because it becomes boring if things don't change in any situation … Everyone enjoys looking for something new, and the process is to give anything a go. To not be afraid of anything and to not shoot anything down in the early stages. It's good to be neutral and try everything and see what happens. That's just who we are as people — always looking for change and renewal. Chris has six children — that's pretty challenging, but he must enjoy that. Tom likes to move around a lot, and I've always been a person who likes to travel a lot and experience things. It's must be in the character. I have a son now and I can see it in him too. He will always crawl out to the most dangerous area, you see that natural exploration. Maybe that's part of nature, part of who we are as creatures.

We really have grown into something different, but at the same time, the friendship and the memories we have are still there.

Has becoming a father and having your own family changed your relationship with music?
It doesn't change making music, it doesn't change writing or being on stage, but I suppose it does change the way you behave (laughs). In your 20s when you first go out on tour, you're looking for parties, you're probably a little more unstable. If anything, I think it makes you focus more on the important thing, which is the music.

Does it change the way you write?
No, I don't think so, but I find different things inspiring now. Follow Me is quite influenced by becoming a father and a couple of other songs are more wise about relationships — definitely not knowing everything still.

Magic moments

Muse front man Matt Bellamy recalls some of the more epic moments

- **Playing Glastonbury, 2004.** "At Glastonbury it was a different level, it was massive and the reaction was really good. That took us to another area musically too. It changed the way we thought about songs."
- **Winning a Grammy, 2011.** "We won a Grammy Award in America — and we didn't expect that at all. It was really surprising, because we've always seen the U.S. as a difficult place for English bands."

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Adam Cohen charting a path of his own

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

When did you realize you might join the family business?
From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake.

It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?
Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

You taught yourself to play guitar, piano and drums. How much do you think was inherent versus learned?
I observed many characteristics in my father which I hope to find in myself, many of which I may indeed have inherited, some of which I may have parroted.

It doesn't matter to me how I got there, but I'd have a hard time believing anyone who claimed I was adopted.

You're a Montrealer, but you've lived everywhere. How has that shaped your art?
I've been privileged to travel and live among different cultures — from a little island in Greece, to Paris, London, New York and L.A.

Reading about this kind of lifestyle alone, or even dreaming about it powerfully enough, could change anyone. Of course my art and my heart have been shaped by my travels, but that's for the art itself to reveal, not for me to discuss.

You're tight with your bandmates. How did that develop?
Gratitude is a crossroad that easily leads to love. I'm grateful I found the people I'm working with.

What's first — lyric or melody?
Music and lyrics chance one another. There's no rule for me. I don't follow a recipe like a baker. If I did, I'd have many more songs.

The album is circulating, and you're going on tour. How do you feel about your current direction?
I'm pleased to see the album has been well received. We'll have a gold record in Canada. My first ever, at the age of 40. And the rest of the world should be on notice.

I'm going to keep coming to see you, traveling with my little band and the highest hopes to plant songs on your lips and in your hearts.

We'll be listening.

On tour

Upcoming tour dates and where you can see him.

- **The shows.** Adam Cohen begins his Canadian tour in Vancouver on Friday, Oct. 18, and ends in Ottawa on Nov. 10. Visit adamcohen.com/tour for details.

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

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Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHBAR
Metro World News in Hollywood

Chris Terrio. GETTY IMAGES

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshuah Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?
It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They re-christened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

Did you get to read that script?
I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Cronenberg not sick of flu-inspired films

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca

Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT

Caleb Landry Jones is the star of Antiviral. HANDOUT

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auction) by artist Kirsten Zuk or the $40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth… It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto — and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention. "It's hilarious and also uncomfortable."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News.

"I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," the singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins—with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@SethMacFarlane
I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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LIFE 3

(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Did it help that Lazenby was a model?
But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?
No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in The World is Not Enough.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

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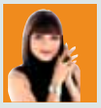

JEANNE SPACE
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@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@JoHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.

@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!

The Kit

Canadian street style

Spotted in: Vancouver

Celia
Human Resources
Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

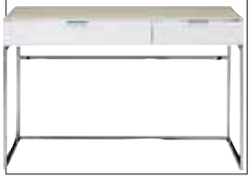
- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.

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An incredible rate of deforestation has permitted the palm oil industry to grow at a rate of nearly 27 per cent per year. ISTOCK IMAGES

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?
-Miriam, Saskatoon

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards.

In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

Safe cleaning

Don't mix these chemicals!

I have often heard that mixing bleach and ammonia is a bad idea. But I don't know why that is. Can you please explain? Thanks Mr. Butler!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You may have already heard, but it's worth repeating: Mixing bleach and ammonia is dangerous.

This combination creates a reaction called chloramine vapor. What this does in simple terms is aggravate respiratory problems. It can cause serious damage to the lungs, going into the blood supply from the lungs and combines with red blood cells so they can no longer carry oxygen.

In addition to this and many other issues, it is also a skin irritant. If you suspect any contact, call and seek medical attention immediately. It's a very problematic combination. Do not delay seeking help.

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Summer travel leaves us longing for ocean sunsets, foreign street scenes and other only-on-vacation sights. How can we hold onto some of that beauty and bring it into our living spaces?

THE ASSOCIATED PRESS

Vacation over? Bring that vibe home

Begin a collection

Interior designer Kyle Schuneman suggests picking up similar items from different places to create a collection that will grow with each vacation. "Whether it be something free, like ticket stubs from everywhere you've been together, or pottery that you can display together," he says, "incorporating these memories are what good design is all about."

"I think creating a collection in your home from your travels is such an important part of design," says Schuneman. "I actually have a chapter in my book called 'The Collector,' as I think those collections are what are so important to making a house a home." Interior designer Betsy Burnham agrees: On her family's first trip to Paris, her children bought inexpensive Eiffel Tower statues sold on street corners. "It's so corny when you're there," she says. But if you gather similar items during and after a trip and display them together, it becomes a design statement and conversation piece.

Australian photographer Brian Patrick Flynn's love of the warm, gold-yellow Australian sun inspired the designer to paint his client's dining room in bright yellow tones.
THE ASSOCIATED PRESS/ BRIAN PATRICK FLYNN

Unexpected accents

As you look through travel photos or remember favourite spots, think about the details: Maybe you saw unique, beautiful doors in a city or town you visited, Burnham says.

"How about changing your front door hardware to something that's really like a Londoner would have? It's those kinds of touches," she says, like painting a door the same colour as doors you saw on a trip, that keep a trip with you. "It becomes a conversation piece" when people visit, she says.

"For a coastal, beachy vibe," Schuneman says you can accomplish the same thing by "layering textures like a chunky sisal rug, wood tables and linen curtains. By keeping the colour palette fairly subdued with shades of blues, greys and creams, the room will work all year long but still give a relaxed and breezy environment."

And always pick up something for your home during every trip, he advises: "It could be a small accessory or a larger item like a chair, but these are really what make a room interesting."

Fresh use of photos

When you return with photos from your trip, skip traditional frames in favour of something more creative.

"A great idea for displaying photos is taking some of your favourites and finding a rustic slab of wood or maybe a sleek piece of metal," Schuneman says, and decoupaging the photos in a random pattern. "For little or no money, you have a cool art piece that will forever be a memory board and can be customized to just your taste and the trip's feeling."

Choose the material based on the vibe of your destination — perhaps mount camping photos on unfinished wood or photos from an urban destination on metal. Another option is choosing "a more artistic-feeling photo, maybe a landscape or a close-up shot — and having it blown up on canvas. Interior designer Brian Patrick Flynn says another powerful way to use vacation photos is to have them printed in black and white. Against a colorful wall, the images will pop out, bringing back vivid memories.

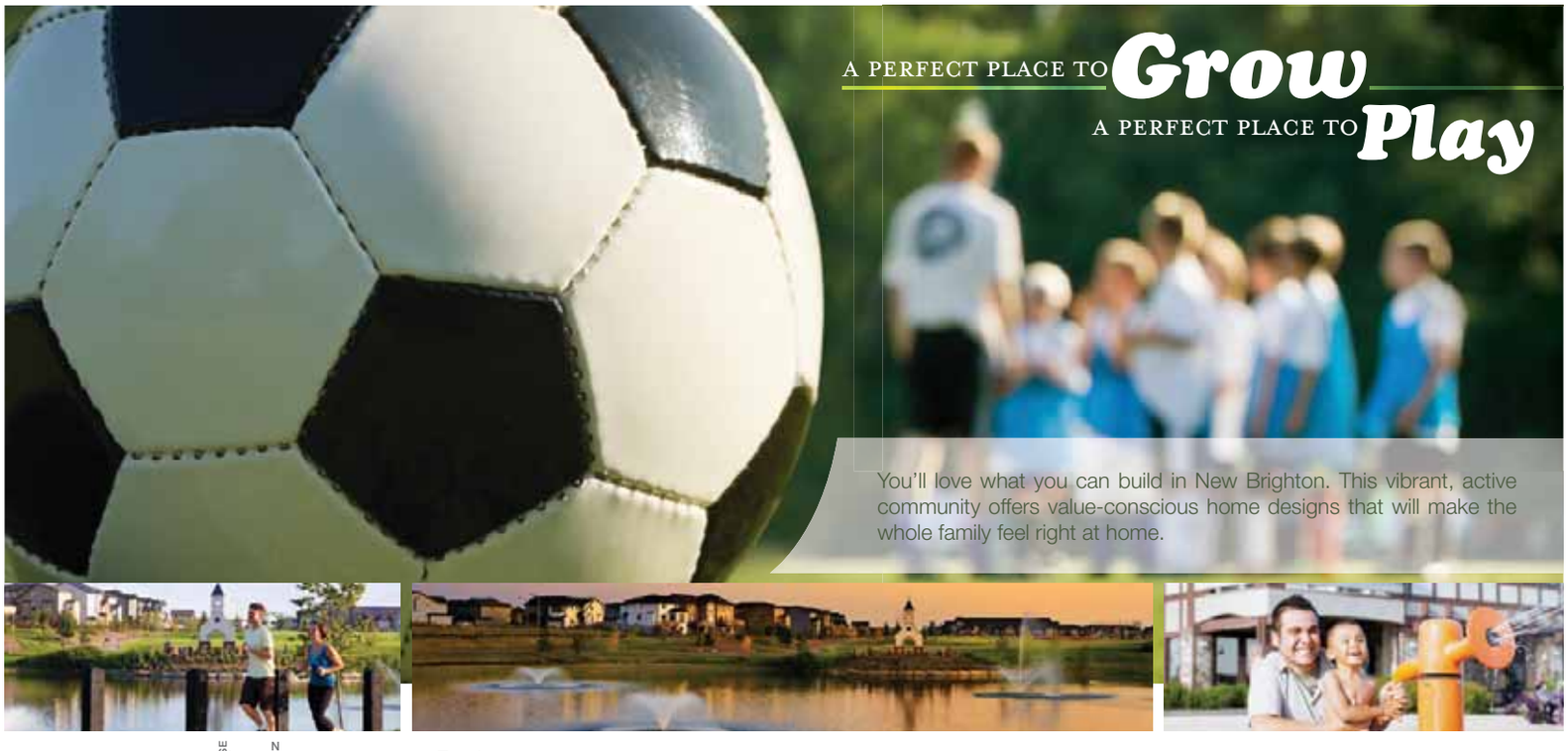
The lush orange trees of California serve as inspiration in a client's den for designer, Brian Patrick Flynn, where he layered several shades of orange throughout the space.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

Locally-grown items

Flynn urges travellers to buy original, local art. Whether it depicts your destination or just captures the area's sensibility, the work of local painters and artisans can commemorate your trip and add beauty to your home.

Local art is often extremely affordable, Flynn says, "and it's a permanent story sitting on your walls. You're filling the walls and telling a story about your vacation."

Along with appreciating artistic beauty, also keep natural beauty in mind: Burnham suggests taking note of the plants and flowers you saw during your summer travel. If the climate is at all similar, try to use the same or similar plants in your own yard. "Maybe it's a topiary in a pot, something European," she says, or beach grass that evokes a sleepy seaside town you loved visiting.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When the lights go out, will you be prepared?

Tips. Don't wait until the power goes out to start thinking, 'where's the flashlight?'

Power outages are becoming a fact of life at any time of year. Recent years have seen a number of strong storms and hurricanes knock out power to suburban and rural homes.

Here's a refresher on how to be ready:

What to have

James A. Judge II, a member of the American Red Cross' Scientific Advisory Council and executive director of Lake EMS, Inc. in Mount Dora, Fla., recommends putting emergency supplies into a plastic storage bin and slipping it under your bed. That way, he said, you'll always know where to look.

He also suggests putting emergency supplies in an old suitcase with wheels. If you have to evacuate, "you have your kit on wheels," he said.

1. Food and water

Judge recommends storing one gallon of water per day per person and keeping a two-week supply. He said water will keep for about six months if not exposed to heat. He also advises keeping unscented bleach on hand in case you have to chlorinate the water.

Stock up on non-perishable, easy-to-prepare foods for the same period of time: cans of fish, meat, fruits, vegetables and soups, as well as canned or boxed milk and juice. Remember to have a hand-operated (not electric) can opener, said Kit Selzer, a senior editor at Better Homes and Gardens.

2. Flashlights and extra batteries

Check the batteries every few months, Judge advises.

Emergency preparedness experts advise against using candles because of the fire risk.

3. Medication

Put a week's supply of medication in your emergency kit; you may need it if you're evacuated. And don't forget a first aid kit.

4. Personal papers

In case of evacuation or damage to your property, it's helpful to have copies of important papers like birth certificates or insurance policies with you.

5. Miscellaneous

Don't forget cellphone chargers, which you can use if you find a neighbour, library, coffee shop or other spot that has power and lets you plug in.

Car chargers also can be helpful if you have to evacuate. Keep some cash on hand; ATMs need power, too, and you won't be able to withdraw funds from them if the bank also has been hit by the power outage.

And to keep up with what's going on, Judge recommends a battery-operated radio and perhaps a NOAA weather radio, both with batteries. A multi-purpose tool also might be handy.

What to do

Turn off and unplug appliances, computers, televisions and other electrical equipment so they won't be damaged by any power surges that might occur while power is being restored.

Avoid opening the refrigerator or freezer.

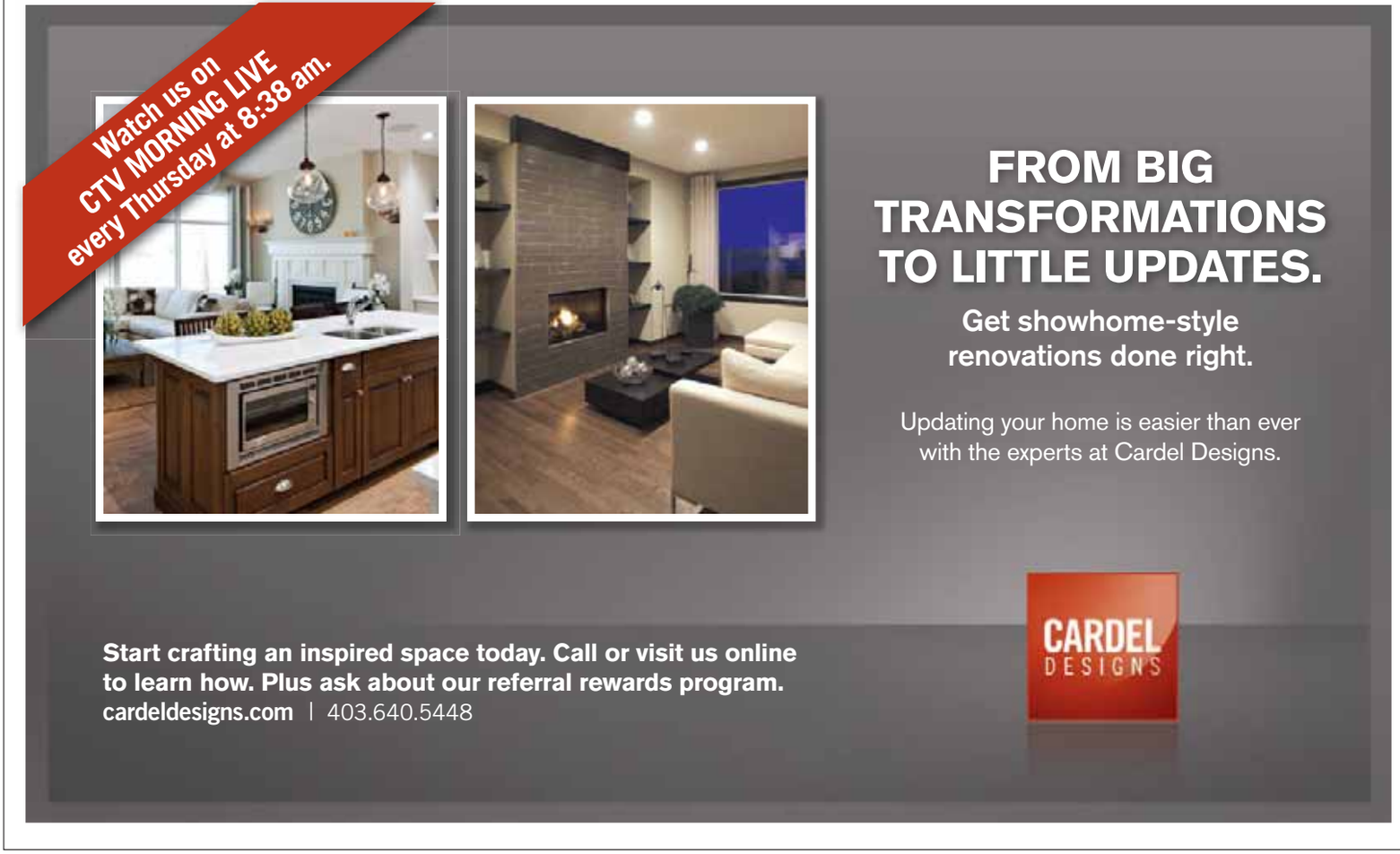
Generally, food in the refrigerator will stay cold enough for four hours, while food in the freezer will remain frozen for 48 hours in a packed freezer or 24 hours in one that's half full. If it's in the middle of winter, consider burying food in the snow or putting it in the car to keep it cold. Foods like eggs, mayonnaise, leftovers and soft cheeses are among the fastest to spoil, Selzer says.

"If you have food exposed to temperatures above 40 degrees or more it might not be safe to eat," Judge said. Use your thermometer to check.

Also, make sure you have gas in your car. You won't be able to fill up if gas stations are affected by the blackout.

THE ASSOCIATED PRESS

Tommy Williams of Pensacola, Fla., installs a bolt on a power line pole as his crew repairs downed power lines after a severe storm. Experts recommend putting emergency supplies into a plastic storage bin and slipping it under the bed in the master bedroom. That way you'll always know where to look. CLIFF OWEN/THE ASSOCIATED PRESS FILE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CARDEL DESIGNS

Update your bathroom in a weekend

You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax — so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.
- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath looking great while still being practical.
- Accents: Once you have chosen all the hardware for your bath, you will need to think of the softer accents to help pull your design together. A new shower curtain, decorative towels, throw rug and curtains will add the final finishing touch to your new space.

Install and Enjoy

Once you have purchased your product selections, it's time to start your update. Luckily, each of these projects can be accomplished quickly and are simple enough for even a novice DIYer. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn. When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books.

Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

NEWS CANADA

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Bring ancient, exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce

This recipe serves six to eight. PETRINA TINSALY.

Ingredients

- 4 medium potatoes, sliced
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice and zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

RECIPE EXCERPTED FROM MODERN FLAVORS OF ARABIA: RECIPES AND MEMORIES FROM MY MIDDLE EASTERN KITCHEN. COPYRIGHT © 2012 SUZANNE HUSSEINI. PUBLISHED BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Cookbook of the Week

Modern take on Middle East dishes

Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish with illustrations.

Among the recipes are: Meat and Eggplant Flatbreads, Stuffed Peppers, Baked Baklawa Cheesecake, Sea Bass Wrapped in Vine Leaves and more.

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PUTTING VISION ON HEALTH AGENDA

WORLD SIGHT DAY IS AN INTERNATIONAL DAY OF AWARENESS

John Rafferty, chair of VISION 2020 Canada

CONTRIBUTED

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people from coast to coast, of all ages, understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health. It's used to focus attention on the global issue of avoidable blindness and visual loss, and this year Rafferty was on Parliament Hill trying to put a positive light on the challenges that Canada will face as our country's population ages.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

Last week, Parliament Hill was the site of a reception for members of Parliament, senators and ambassadors, who came out for an informal briefing on the state of our vision, at home and abroad.

Outfitted with special goggles that simulated vision loss and invited to perform simple daily tasks, the politicians got a brief glimpse of how vision can be affected by the four most common eye diseases that cause blindness and partial sight among Canadians. The effects of age-related macular degeneration (AMD), diabetic retinopathy, glaucoma, and cataracts were theirs to experience and begin to understand first-hand.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, our issues are largely related to the fact our population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told the influential Ottawa crowd.

The governments of countries such as Australia, India and Sri Lanka have created their plans. Canada has not. Rafferty remains optimistic as he and fellow members of VISION 2020 Canada have begun to draft a five-point national vision plan to fill this void and the government officials who came out last Tuesday appear to be on board to help.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

– Sarah Pettersen, VISION 2020 Canada

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EYE EXAMS ARE ESSENTIAL

Good eyesight is critical to learning. Health professionals advise that an eye exam can detect problems that may affect school performance.

Ongoing research data indicates that approximately one in 20 preschool children, and one in four school-aged children, have eye problems that could cause vision loss if left untreated.

Recognizing the importance of early detection, a new website has been launched (eyeexamcentre.ca) that helps Canadians find a local optometrist and book an appointment online.

It is recommended that the first eye screening take place by six months of age, followed by an eye exam again at age three and once more at the start of school.

Your child is at higher risk in the aftermath of an eye injury, a serious physical illness or if your family has a history of eye problems. High-risk children and those who wear glasses should be examined annually. Low-risk children should have their eyes examined at least every two years while at school.

"Kids who have trouble seeing often have trouble with their school work," says Bijan Minbashian, vice-president of operations for Hakim Optical, a leading retailer in the eye care field. "However, they don't always complain because they don't know the difference. If your child has difficulty reading or is not performing well at school, poor eyesight could be the cause."

Parents with specific concerns are advised to start the exploratory process with their family eye doctor and to become as informed as possible. For example, Minbashian says that Hakim Optical is an avid supporter of eye health research organizations like the Foundation Fighting Blindness (ffb.ca) and both are a sound source for better eye care.

– News Canada

AMI AIMS TO MAKE MEDIA ACCESSIBLE

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Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-audio and AMI-tv, as well as a website (ami.ca).

AMI serves more than five million Canadians who are blind or with low vision, deaf or hard of hearing, learning disabled, mobility or print restricted, or learning English as a second language by making print, broadcast and online media accessible.

AMI's mission is simple: To make all media accessible to all Canadians. In pursuit of that mission, AMI believes that for all impacted and concerned Canadians, AMI can be a new model media organization that creates, advocates, collaborates and enables accessibility to all media.

AMI's engagement with the community expands well beyond its media services. In 2012, AMI launched a scholarship program that awards two $5,000 scholarships per year to qualifying individuals, one of which is reserved for a student with a permanent disability.

In addition, AMI is reaching out to Canadians who are blind or with low vision to help shape the future of accessible media in Canada by joining its research panel. The research panel will provide an opportunity for people who are blind or with low vision the opportunity to have their voices heard and offer recommendations to better service that community.

Finally, AMI, in conjunction with the CRTC's Described Video Working Group and the Canadian Association of Broadcasters (CAB), has developed a Described Video TV Guide (DV Guide). The DV Guide is a comprehensive list of most described television programming across Canada and can easily be accessed by visiting ami.ca/dvguide or by calling 1-855-855-1144.

For further information on AMI and its various programs and initiatives, please visit ami.ca.

AMI
ACCESSIBLE MEDIA INC.

OUR MISSION IS SIMPLE:
TO MAKE ALL MEDIA ACCESSIBLE
TO ALL CANADIANS

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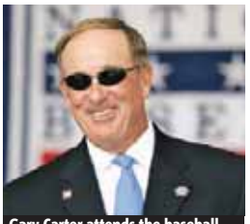
MLB. Expos great Carter to be honoured in Montreal

Montreal will name a street and a park after Gary Carter, the Hall of Fame catcher who defined the golden era of a once-beloved franchise.

Carter died in February of cancer at age 57.

On Wednesday, the city announced the details of its tribute to the player who starred with the now-defunct Expos for more than half of his career.

The street borders Jarry Park, where the Expos played for most of their first decade, and where Carter made his big-league debut.



Gary Carter attends the baseball Hall of Fame induction ceremony in 2005. GETTY IMAGES

THE ASSOCIATED PRESS

CFL

Stamps sign veteran Stewart

The Calgary Stampeders signed veteran import defensive end Anwar Stewart to their practice roster Wednesday.

Stewart started his CFL career with Calgary in 2000 and won a Grey Cup with the Stampeders in 2001. He signed with Montreal in 2002 and played 10 seasons with the Alouettes, winning three more Grey Cups and becoming the franchise's all-time sacks leader in 2009. THE ASSOCIATED PRESS

CFL. Ottawa gets closer to bringing back football

The CFL moved closer to returning a team to the nation's capital Wednesday after Ottawa city council voted to proceed with plans to redevelop Lansdowne Park.

The city voted 21-3 in favour of the plan to refurbish Frank Clair Stadium, and add new retail and residential developments to the park.

"Today's positive City of Ottawa council vote means a beautiful new stadium and, as early as 2014, a proud new franchise that will make its community proud and our league even stronger," CFL commissioner Mark Cohon said in a statement.

"This is a great day for our league."

THE CANADIAN PRESS

Long history

The Ottawa Rough Riders played in the league from 1958 to 1996, and the Renegades called Ottawa home from 2002 to 2006.

Pinch-hitter Ibanez belts 2 late homers in Yankees win

MLB. New York comes from behind to take 2-1 series lead over Orioles

Raul Ibanez lined a ninth-inning home run while pinch-hitting for slumping Alex Rodriguez, then hit a leadoff homer in the 12th, giving the New York Yankees a stunning 3-2 win over the Baltimore Orioles on Wednesday night for a 2-1 lead in their AL division series.

Batting for baseball's highest-paid player, Ibanez homered to right-centre with one out in the ninth inning off major-league saves leader Jim Johnson to tie it at 2. He then hit the first pitch from Brian Matusz leading off the 12th.

Phil Hughes will start for the Yankees on Thursday in Game 4 of the best-of-five series. Chris Tillman or Joe Saunders will start for Baltimore.

Baltimore had won 16 straight extra-inning games, and had been 76-0 when leading after seven, before the Yankees stung them.

"It was a great experience. We do it as a team. We stay after it," Ibanez said. "I'm blessed to come up and have the opportunity like that. We do it together. It's about a team and about winning."

Ibanez got that chance after Yankees manager Joe Girardi made the decision to let him hit for Rodriguez — the first time A-Rod had ever been pinch-hit for in a post-season game, according to STATS LLC.

"You're going to be asked a lot of questions if it doesn't work," Girardi said.

THE ASSOCIATED PRESS

Game 3

Yankees	Orioles
3	2

Raul Ibanez of the New York Yankees reaches his teammates at home plate after hitting a walk-off home run in the bottom of the 12th inning against the Baltimore Orioles Wednesday in New York City. ALEX TRAUTWIG/GETTY IMAGES

Giants bats come alive to force do-or-die game

Tim Lincecum of the San Francisco Giants pitches against the Cincinnati Reds Wednesday in Cincinnati. ANDY LYONS/GETTY IMAGES

Facing elimination again, the San Francisco Giants came out swinging. Got a saving relief appearance from Tim Lincecum, too.

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later, and the Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their NL division series at 2-all.

Lincecum, the two-time Cy Young winner relegated to the bullpen, also delivered. He entered in the fourth with the Giants ahead 3-2, struck out six while giving up just one run in 4 1/3 innings, and allowed his team to pull away.

"I knew he would play a huge role in this," manager Bruce Bochy said. "And I know of other situations where starters have been in the 'pen and really done a great job to help their team win. We knew Timmy would play a critical role in the series like he did tonight."

Pagan added: "Thanks to the win today, there will be a tomorrow. And we are ready for that."

Matt Cain, who lost the series opener and has yet to beat the Reds in three tries this season, will start Game 5 against Mat Latos.

THE ASSOCIATED PRESS

Cardinals vs. Nationals

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, Chris Carpenter pitched scoreless ball into the sixth inning and the Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

4 SPORTS

Michael Barry climbs during a pre-season Team SKY training camp on Jan. 23 in Mallorca, Spain. On Wednesday, the USADA revealed Barry was one of 11 former teammates who testified against Lance Armstrong. BRYN LENNON/GETTY IMAGES

Ex-Armstrong teammate Barry dishes on doping

Cycling. Toronto native one of 11 cyclists to testify against former seven-time Tour de France winner

Cheating was never part of Michael Barry's cycling dream. But once on the pro circuit, the Toronto native soon found it was part of the sport's reality at its highest level.

"My first year on the (U.S. Postal Service) team I was clean but I saw what was going on around me," Barry told The Canadian Press in an interview from his home in Spain.

"I figured out my roommates were doping," said Barry, who joined the Lance Armstrong-led Postal team in 2002. "And then it started to wear on me, seeing all the drug use around me and I was suffering, I wasn't performing that well.

"And then the next season, one of the riders suggested that I might want to try using some EPO (a banned blood-boosting hormone) and testosterone.

Lance Armstrong on Aug. 25 in Aspen, Colo. GETTY IMAGES

Eventually I approached the doctors and asked them. And it was supplied to me."

The 36-year-old Barry says he stopped doping in 2006, but he has been forced to live a lie ever since.

Until Wednesday, when the U.S. Anti-Doping Agency revealed that Barry was one of 11 former teammates who had testified against Armstrong.

Barry's 16-page affidavit lifts the lid on the U.S. Postal Team doping. What starts with him finding used drug paraphernalia in a teammate's apartment eventually leads to the Canadian joining the brotherhood of doping himself.

As for Armstrong, Barry says he can't offer much.

"I can't comment on Lance because I never saw him dope and I don't know what he did," he said. "But if he is lying, I hope he comes clean. For me personally, it feels good to be honest and to not have to live a lie anymore."

But in his affidavit, Barry does say teammate David Zabriskie told him about a time that fellow Postal rider Floyd Landis "had to babysit bags of Lance Armstrong's blood while Lance was out of town to make sure the blood did not go bad."

He also says Armstrong emailed him in 2010 after both were implicated in doping allegations from Landis. Barry says Armstrong asked him if he would testify there was no systematic doping on their old team.

The USADA has banned Armstrong for life and says his seven Tour de France victories are nullified.

Barry has received the minimum six-month suspension. THE CANADIAN PRESS

Case against Armstrong

USADA outlines its evidence

The U.S. Anti-Doping Agency released a report Wednesday on its case against Lance Armstrong — a point-by-point roadmap of the lengths Armstrong went to in winning seven Tour de France titles the USADA has ordered taken away.

Over nearly 200 pages, the USADA details cheating by Armstrong's teams and names 11 former teammates as key witnesses.

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same.

Armstrong did not fight the USADA charges, but insists he never cheated. THE ASSOCIATED PRESS

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MAJOR LEAGUE BASEBALL

PLAYOFFS

All Times Eastern

DIVISION SERIES
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES VS. BALTIMORE

(N.Y. Yankees lead series 2-1)
Wednesday's result
N.Y. Yankees 3 Baltimore (12 innings)
Monday's result
Baltimore 3 N.Y. Yankees 2
Thursday's game
Baltimore (Saunders 3-3 or Tillman 9-3) at N.Y. Yankees (Hughes 16-13), 7:37 p.m.
Friday's game
x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6), 5:07 or 7:07 p.m.

DETROIT VS. OAKLAND

(Detroit leads series 2-1)
Wednesday's result
Detroit at Oakland
Tuesday's result
Oakland 2 Detroit 0
Thursday's game
Detroit (Verlander 17-8) at Oakland (Parker 13-8), 9:37 p.m.

NATIONAL LEAGUE

WASHINGTON VS. ST. LOUIS

(St. Louis leads series 2-1)
Wednesday's result
St. Louis 8 Washington 0
Monday's result
St. Louis 12 Washington 4
Thursday's game
St. Louis (Lohse 16-3) at Washington (Detwiler 10-8), 4:07 p.m.
Friday's game
x-St. Louis at Washington, 8:37 p.m.

CINCINNATI VS. SAN FRANCISCO

(Series tied 2-2)
Wednesday's result
San Francisco 8 Cincinnati 3
Tuesday's result
San Francisco 2 Cincinnati 1 (10 innings)
Thursday's game
San Francisco (Cain 16-5) at Cincinnati (Latos 14-4), 1:07 p.m.

x — played only if necessary.

NATIONAL LEAGUE

CARDINALS 8, NATIONALS 0

St. Louis	ab	r	h	bi	Washington	ab	r	h	bi
Jay cf	4	2	2	0	Werth rf	3	0	1	0
Beltran rf	4	1	2	0	Harper cf	5	0	0	0
Holliday lf	5	1	3	2	Zimmerman 3b	4	0	2	0
Robinson pr-lf	0	0	0	0	Laroche 1b	3	0	0	0
Craig 1b	3	0	1	1	Morse lf	4	0	0	0
Molina c	3	1	0	1	Desmond ss	4	0	3	0
Freese 3b	5	1	2	0	Espinosa 2b	3	0	0	0
Descalso 2b	4	1	1	1	Suzuki c	4	0	0	0
Kozma ss	5	1	1	3	Bernadina ph	1	0	0	0
Schumaker ph	1	0	0	0	Lombardozzi ph	1	0	1	0
Carpenter 3b	0	0	0	0	Tracy ph	1	0	0	0
Totals	**34**	**8**	**12**	**8**	**Totals**		**33**	**0**	**7**	**0**

St. Louis	130	001	120	—8
Washington	000	000	000	—0

E—Freese. LOB—St. Louis 9, Washington 11. DP—Washington 2. 2B—Freese 2 (3), Craig (2), Carpenter (1), Beltran (1), Desmond (1). HR—Kozma (1). S—Jay, Espinosa. SF—Descalso.

St. Louis	IP	H	R	ER	BB	SO
Carpenter W, 1-0	5	2-3	7	0	0	2	2
Rosenthal	1	1-3	0	0	0	0	1
Salas		1	0	0	0	0	1
Kelly		1	0	0	0	1	1
Washington							
Jackson L, 0-1		5	8	4	4	1	4
Stammen		1	1	1	1	0	2
Garcia		1	2	1	1	2	2
Mattheus		1	3	2	2	1	0
Storen		1	0	0	0	0	1

HBP — Molina.
T — 3:32. **A** — 45,017 (41,487) at Washington.

GIANTS 8, REDS 3

San Francisco	ab	r	h	bi	Cincinnati	ab	r	h	bi
Pagan cf	3	2	2	2	Phillips 2b	4	0	1	1
Scutaro 2b	4	1	1	1	Cozart ss	5	0	2	0
Sandoval 3b	4	1	3	3	Votto 1b	5	1	2	0
Posey 1b	4	0	0	0	Ludwick lf	4	1	1	1
Belt 1b	0	0	0	0	Bruce rf	3	0	0	0
Pence rf	4	0	1	0	Frazier 3b	3	0	0	1
Sanchez c	2	1	1	0	Navarro c	3	0	1	0
Blanco lf	4	1	1	2	Stubbs cf	4	1	1	0
Crawford ss	2	0	0	0	Cairo ph	1	0	0	0
Arias ss	3	2	2	0	Heisey ph	1	0	0	0
Totals	**30**	**8**	**11**	**8**	**Totals**		**33**	**3**	**8**	**3**

San Francisco	120	020	300	—8
Cincinnati	101	001	000	—3

E—Lincecum. LOB—Cincinnati 10, San Francisco 5. DP—Cincinnati 2. 2B—Arias 2 (2), Sandoval (2), Scutaro (1), Stubbs (1), Pagan (1). HR—Ludwick (2). Pagan (1); Sandoval (1); Blanco (1). S—Scutaro. SF—Phillips, Sandoval.

San Francisco	IP	H	R	ER	BB	SO
Zito	2	2-3	4	2	2	4	4
Kontos		2-3	2	0	0	0	1
Mijares		1-3	0	0	0	0	1
Lincecum W, 1-0	4	1-3	2	1	1	0	6
Casilla		1	1	0	0	0	1
Cincinnati							
Leake L, 0-1	4	1-3	6	5	5	2	1
Lecure	1	2-3	1	0	0	0	3
Arredondo		1-3	3	3	3	1	0
Hoover	1	2-3	0	0	0	1	1
Simon		1	1	0	0	1	1

T — 3:35. **A** — 44,375 (42,319) at Cincinnati.

AMERICAN LEAGUE

YANKEES 3, ORIOLES 2 (12)

Baltimore	ab	r	h	bi	N.Y. Yankees	ab	r	h	bi
McLouth lf	5	0	2	0	Jeter ss	4	0	2	1
Hardy ss	5	0	0	0	Nix ss	1	0	0	0
Davis rf	2	0	0	0	Suzuki lf	5	0	0	0
Chavez rf	1	0	0	0	Rodriguez dh	3	0	0	0
Jones cf	5	0	1	0	Ibanez ph-dh	2	2	2	2
Wieters c	5	0	0	0	Cano 2b	4	0	0	0
Thome dh	5	0	0	0	Swisher rf	4	0	1	0
Reynolds 1b	4	0	1	0	Teixeira 1b	4	0	0	0
Flaherty 2b	3	1	1	1	Granderson cf	4	0	0	0
Andino 2b	2	0	1	0	Martin c	4	1	2	0
Machado 3b	3	1	1	1	Chavez 3b	4	0	0	0
Totals	**40**	**2**	**7**	**2**	**Totals**		**39**	**3**	**7**	**3**

Baltimore	001	010	000	000	—2
N.Y. Yankees	001	000	001	001	—3

LOB—Baltimore 6, New York 3. DP—Baltimore 1. New York 1. 2B—Martin (1). 3B—Jeter (1). HR—Ibanez (2). Flaherty (1); Machado (1). SB—McLouth (1). S—Machado.

Baltimore	IP	H	R	ER	BB	SO
Gonzalez	7	5	1	1	0	8
O'Day H, 2	1	0	0	0	0	1
Johnson BS, 1	2	1	1	1	0	1
Matusz L, 0-1	1	1	1	1	0	1
N.Y. Yankees						
Kuroda	8	1-3	5	2	2	1	3
Logan		1-3	0	0	0	0	1
Soriano	1	1-3	1	0	0	0	1
Robertson W, 1-0		2	1	0	0	0	2

Matusz pitched to 1 batter in the 12th
HBP — Davis; Reynolds.
T—3:31. **A**—50,497 (50,291) at New York.

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Reinstated RHP Jesse Litsch from the 60-day DL, who refused outright assignment and elected to become a free agent.

NATIONAL LEAGUE

CINCINNATI REDS — Deactivated RHP Johnny Cueto. Activated RHP Mike Leake.

CFL

CALGARY STAMPEDERS — Signed DE Anwar Stewart to the practice roster.
WINNIPEG BLUE BOMBERS — Signed DB Vincent Agnew to the practice roster.

CALENDAR

Oct. 24 — World Series begins in city of National League champion.
November TBA — Deadline for teams to make qualifying offers to their eligible former players who became free agents, fifth day after World Series.
November TBA — Deadline for free agents to accept qualifying offers, 12th day after World Series.
Nov. 7-9 — General managers meetings, Indian Wells, Calif.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.
Wednesday's result
Real Salt Lake at Seattle
Saturday's games — All Times Eastern
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Columbus at D.C., 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday's games
Portland at Vancouver, 7 p.m.
Los Angeles at San Jose, 7 p.m.
Dallas at Seattle, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	14	8	6	0	382	405	16
Toronto	14	7	7	0	327	357	14
Hamilton	14	5	9	0	421	444	10
Winnipeg	14	4	10	0	274	428	8

WEST DIVISION

x-B.C.	14	10	4	0	365	271	20
Saskatchewan	14	8	6	0	377	290	16
Calgary	14	8	6	0	398	329	16
Edmonton	14	6	8	0	314	334	12

x — clinched playoff berth.
Monday's results
Saskatchewan 36 Toronto 10
Winnipeg 27 Montreal 22
Saturday's result
B.C. 27 Calgary 22
Friday's result
Edmonton 35 Hamilton 20

WEEK 16

Friday's game — All Times Eastern
B.C. at Hamilton, 7:30 p.m.
Saturday's games
Calgary at Winnipeg, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.
Sunday's game — Montreal at Toronto, 1 p.m.

CIS FOOTBALL

WEEK SEVEN

Friday's games — All Times Eastern
Manitoba at Saskatchewan, 9 p.m.
Calgary at Alberta, 9 p.m.
Saturday's games
St. Francis Xavier at Acadia, 1 p.m.
Saint Mary's at Mount Allison, 1 p.m.
Bishop's at Sherbrooke, 1 p.m.
Laval at Montreal, 1 p.m.
Wilfrid Laurier at Western Ontario, 1 p.m.
Queen's at Guelph, 1 p.m.
York at Toronto, 1 p.m.
Waterloo at Ottawa, 1 p.m.
Windsor at McMaster, 1 p.m.
Regina at British Columbia, 5 p.m.
Concordia at McGill, 7 p.m.

TENNIS

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China
Yesterday's results
Singles — Second Round
Roger Federer (1), Switzerland, def. Yen-hsun Lu, Taiwan, 6-3, 7-5.
Novak Djokovic (2), Serbia, def. Grigor Dimitrov, Bulgaria, 6-3, 6-2.
Andy Murray (3), Britain, def. Florian Mayer, Germany (walkover).
Tomas Berdych (4), Czech Republic, def. Andreas Seppi, Italy, 6-3, 6-3.
Jo-Wilfried Tsonga (5), France, def. Benoit Paire, France, 7-6 (7), 7-5.
Janko Tipsarevic (6), Serbia, def. Viktor Troicki, Serbia, 6-2, 7-6 (3).
Radek Stepanek, Czech Republic, def. Richard Gasquet (11), France, 6-4, 6-4.
Marcos Baghdatis, Cyprus, def. **Milos Raonic (12), Thornhill, Ont.**, 7-6 (4), 6-7 (5), 7-6 (3).
Stanislas Wawrinka (13), Switzerland, def. Denis Istomin, Uzbekistan, 6-4, 4-6, 6-4.
Sam Querrey, U.S., def. Kei Nishikori (14), Japan, 2-6, 6-1, 6-4.
Alexandr Dolgopolov, Ukraine, def. Gilles Simon (15), France, 6-3, 6-4.
Feliciano Lopez, Spain, def. Philipp Kohlschreiber (16), Germany, 6-3, 6-4.
Tommy Haas, Germany, def. Tommy Robredo, Spain, 6-3, 6-3.
Doubles — First Round
Jurgen Melzer, Austria, and **Milos Raonic, Thornhill, Ont.**, def. Chang Yu and Li Zhe, China, 6-1, 6-4.

WTA GENERALI LADIES LINZ

At Linz, Austria
Singles — First Round
Victoria Azarenka (1), Belarus, def. Arantxa Rus, Netherlands, 6-0, 6-2.
Ana Ivanovic (2), Serbia, def. Monica Niculescu, Romania, 7-5, 6-3.
Patricia Mayr-Achleitner, Austria, def. Sabine Lisicki (8), Germany, 6-1, 6-3.
Second Round
Julia Goerges (5), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-3.
Sofia Arvidsson, Sweden, def. Lucie Hradecka, Czech Republic, 6-4, 7-6 (4).

WTA HP JAPAN OPEN

At Osaka, Japan
Singles — Second Round
Julia Goerges (5), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-3.
Sofia Arvidsson, Sweden, def. Lucie Hradecka, Czech Republic, 6-4, 7-6 (4).

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	113
N.Y. Jets	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	0	0	1.000	149	73
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	89
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	100	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

WEEK FIVE
Monday's result
Houston 23 N.Y. Jets 17
Sunday's results
Pittsburgh 16 Philadelphia 14
Indianapolis 30 Green Bay 27
N.Y. Giants 41 Cleveland 27
Miami 17 Cincinnati 13
Baltimore 9 Kansas City 6
Atlanta 24 Washington 17
Chicago 41 Jacksonville 3
Seattle 16 Carolina 12
Minnesota 30 Tennessee 7
San Francisco 45 Buffalo 3
New England 31 Denver 21
New Orleans 31 San Diego 24
Thursday, Oct. 4
St. Louis 17 Arizona 3

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	3	2	0	.600	152	111
Dallas	2	2	0	.500	65	88
Washington	2	3	0	.400	140	147

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	93
Tampa Bay	1	3	0	.250	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	79
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	112	111
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK SIX
Thursday's game — All Times Eastern
Pittsburgh at Tennessee, 8:20 p.m.
Sunday's games
St. Louis at Miami, 1 p.m.
Dallas at Baltimore, 1 p.m.
Oakland at Atlanta, 1 p.m.
Kansas City at Tampa Bay, 1 p.m.
Indianapolis at N.Y. Jets, 1 p.m.
Detroit at Philadelphia, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
New England at Seattle, 4:05 p.m.
Buffalo at Arizona, 4:05 p.m.
Minnesota at Washington, 4:25 p.m.
N.Y. Giants at San Francisco, 4:25 p.m.
Green Bay at Houston, 8:20 p.m.
Monday, Oct. 15
Denver at San Diego, 8:30 p.m.

NBA

PRE-SEASON

Wednesday's results
Detroit 101 Toronto 99
San Antonio 101 Atlanta 99
Sacramento 102 Phoenix 96
At Hidalgo, Texas
Houston 107 Oklahoma City 105
At Fargo, N.D.
Minnesota 84 Indiana 70
At Ontario, Calif.
Portland 93 L.A. Lakers 75
Tuesday's results
Chicago 92 Memphis 88
New Orleans 97 Charlotte 82
At Barcelona, Spain
FC Barcelona Regal 99 Dallas 85
At Canton, Ohio
Milwaukee 97 Cleveland 80
Thursday's games — All Times Eastern
Miami vs. L.A. Clippers (at Beijing), 7:30 a.m.
New York at Washington, 7 p.m.
Philadelphia at Orlando, 7 p.m.
New Orleans vs. Charlotte (at North Charleston, S.C.), 7:30 p.m.
Maccabi Haifa (Israel) at Golden State, 10:30 p.m.

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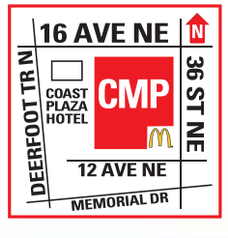

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Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

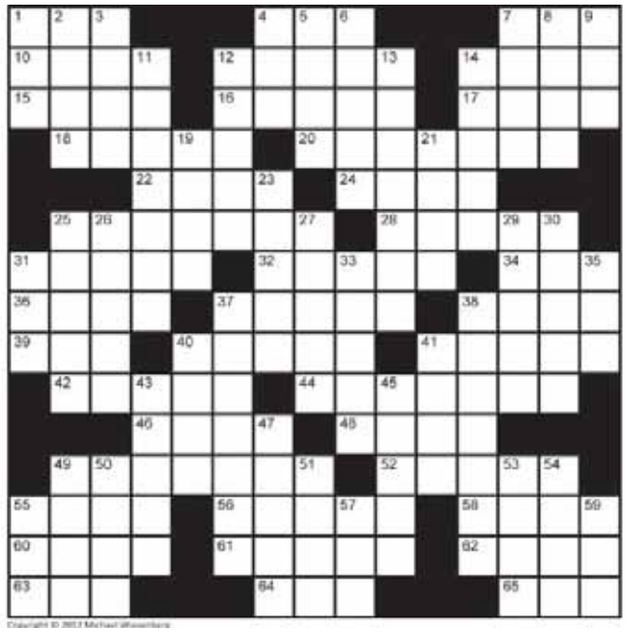
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

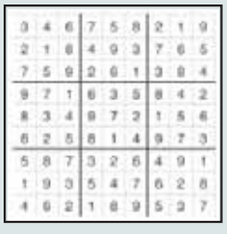
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku



Weather

TODAY	FRIDAY	SATURDAY
MAX: 9° MIN: -2°	MAX: 16° MIN: 4°	MAX: 13° MIN: 5°

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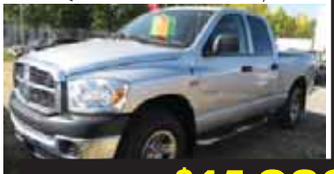

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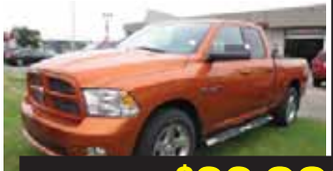

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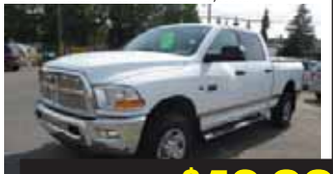

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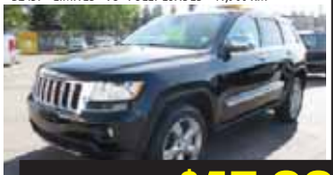

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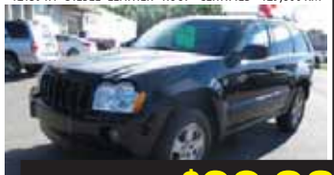

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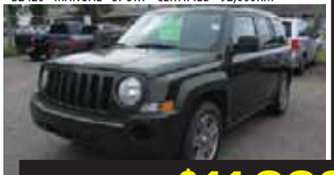

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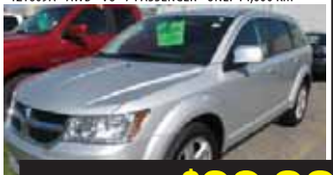

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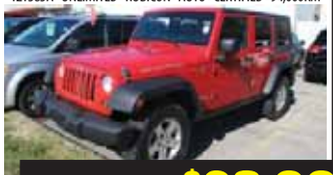

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